

Lumba Sumba Trek

Standard Itinerary

Lumba Sumba Trek Itinerary:

Day 01: Kathmandu

Arrive at Kathmandu International Airport 1,310m

As you land at Tribhuvan International Airport, Kathmandu, you will be received by the representative staff from Himalayan Nepal Trek with a proper greeting. Then, afterward, you will be transferred to the hotel where you will learn the detailed itinerary. We can change the set itinerary as per your feasibility. Stay overnight at the hotel.

Day 02: Kathmandu

A free day to explore Kathmandu and Trek Preparation

After breakfast, there is an optional complimentary guided sightseeing tour of the several historical and spiritual attractions enlisted under the World Heritage Sites. Or you may prefer to do it on your own while our office staff will manage for necessary permits for treks. The trek leader will meet the group for a meeting and provide a detailed briefing for the trek. All the required information regarding the trek would be provided. Overnight at a Hotel on Bed and Breakfast

Day 03: Taplejung

Flight to Bhadrapur Airport 94m

We take you to the domestic airport to get an internal flight across the country to the southeastern part of Nepal. Bhadrapur is located in the tropical Terai region of Nepal. After reaching there we will have a drive to Taplejung (1,820m) for 6/7 hrs. Overnight at Lodge.

Day 04: Chiruwa

Drive to Chiruwa 1,246m 5-6 hours.

After breakfast, the day starts with a drive-by public jeep beside the Tamar River, the field of rice, and passing by fragrant forest we achieve to the lunch stop at Siwa Bazaar. After lunch, we will

continue along the Tamor River to another small settlement of Limbus at Tawa village (1,146m), where we start the little climb to reach Thiwa (1,300m). After Thiwa enjoy a gradual descent to the small prop of the village of Chiruwa 1,246m Overnight at Camp

Day 05: Lelep

Trek to Lelep 1,687m 5-6 hours.

We continue along the Tamor River, passing by small villages and personage farms with a huge amount of cardamom fields and rice-terraced fields as well. After an hour and a half of walking eventually, we reach the larger village named Tapethok 1340m which has some shops and tea houses and a check-post of the Kanchenjunga Conservation Area Project (KCAP) where we have to submit our permits to get into KCAP. here we take lunch before continuing pleasantly walking beside the river and through the nice cardamom field to Pembu where we begin a steady climb of a little over 2 hours to our overnight camp at Lelep. Lelep is a big settlement village with a police station, health post, and also where the headquarters of KCAP. Overnight at tent.

Day 06: Ela Danda

Trek to Ela Danda (2,051m) 5-6 hours.

Once again, we continue to follow the Tamor River upstream through dense forest. We cross the river on a suspension bridge and gradually climb through the pine forest for about 45 minutes to a small old monastery (Sango Chhyolling Gompa). From here we descend gradually to Gowatar (1,800m) where we stop for lunch. Afterward, we pass two beautiful waterfalls crossing the Phedi Khola and then make a final climb of around an hour to our camp at Ela Danda (2051m). This offers a magnificent view of Kasturi peaks and down to the Tamor River. At Ela Danda, there is a lack of camp side so we may sleep off at the local guest house. Overnight at tent.

Day 07: Jongim Kharka

Trek to Jongim Kharka (2,635m) (7-8 hours).

Starts Walking through an anus and rhododendron forest until we reach the suspension bridge. After crossing the river, we enter an extensive area of bamboo forest and some other trees, inhabited by the endangered red panda. If we are lucky, we may have the opportunity to catch sight of one of these intangible creatures as we walk through the bamboo forest to the Maguwa Kharka the lunch spot for today. Beyond Maguwa Kharka there is more mixture of forest with rhododendron, oak, chestnut, Alnus, maple, etc., abundant with a different variety of birdlife. We

have to cross a large landslip area before Seleph Kharka (2,525m) and we continue another hour to get to our night's stop at Jongim Kharka (2,635m). Where we can explore a nice view of the snow-capped peak to the north. Overnight at tent.

Day 08: Olanchung Gola

Trek to Olanchung Gola (3,208m). (3 hours).

After crossing the suspension bridge, we enter into the rhododendron forest and climb for an hour to Ramite (2,685m) there is more opportunity to spot red pandas as well on and we pass another beautiful waterfall created by the Tamor River. Then we reach the Sherpa settlement named Olanchung Gola (3,208m) for lunch. After lunch, we have a free day to explore the village and monastery. Olanchung Gola is one of the attractive villages with around 50 wooden houses and a 470-year-old monastery located at the top of the village. Olanchung Gola is pretty much the last civilization we will see until we reach the Arun Valley. Overnight at tent.

Day 09: Sanjung Kharka Camp

Trek to Sanjung Kharka Camp (3,910m) 6-7 hours.

After breakfast, we set off following the trails used by Tibetan traders walking beside the Tamor to its convergence with Dinsamba Khola. Following the river belt, we will have Lunch, and then crossing the river we reach a place named Langmale and continue to our overnight stop at the place known as Sanjung Kharka. It is one of the nice camping spots for trekkers where you can discover the beautiful mountain surrounding. Overnight at tent.

Day 10: Pass Camp

Trek to Pass Camp 4,700m 4 -5 hours.

We Continue along the route of the Great Himalayan Trail towards the Lumba Sumba Himal. It is good to keep an eye out for snow leopards which have been sighted on the next section of the trek we also pass little yak pasture and beautiful landscape and a few foothills to climb. Now we are in a wild country, the habitat of the snow leopard. Very few trekkers come this way to sense the remoteness themselves. Finally, we are at pass camp, and we are above the green vegetation and playing with the mountain. Overnight at tent.

Day 11: Yak Kharka

Trek to Yak Kharka via Lumba Sumba La (5,177m) 8-9 hours.

From our last camp before the pass, we climb the sharp ridge beyond to a prominent saddle toward the pass and we may encounter snow on this section of the trek. We reach a first pass adorned with prayer flags, but this is not the top and it is necessary to cross below a peak to reach a slightly higher pass which is the actual Lumba Sumba La (5,177m). The views are breathtaking, extending eastwards to Kanchenjunga and Jannu Himalaya range and westwards to Makalu Region. This is a very special place and weather consent; we may have longer broken here if the weather is stable and perhaps eat our packed lunches. Now we have a descent of about 600 meters on a trail which is steep downhill at first, into a large valley and we stop at the first suitable camping spot at Yak Kharka (around 4,595 m). Overnight at tent.

Day 12: Jungle Camp

Trek to Jungle Camp (3,350m). 6-7 hours.

From our overnight stop, we set off again, passing by many yak charkas with excellent views of Makalu ahead with the varieties of Rhododendrons trees. Then the trail brings together coming from the Umbak La, a 5,200-meter pass by which means goods are traded with Tibet and Nepal, a 2-day journey from here. Reaching a village named Thudam (3500m) a Sherpa village of around 30 wooden houses that are linked with villages in Tibet, where we plan to have Lunch and head west through a steep-sided valley, having several landslip areas before climbing steadily to pass (3,370m). And finally, get to our Camp Overnight in a tent.

Day 13: Yak Kharka

Trek to Yak Kharka 2,877m. 5-6 hours.

We head west through a steep-sided landslide before climbing steadily and passing through a cavernous bamboo forest. The views of Makalu and its satellites are simply eye-catching. We continue descending to a small clearing at 2,877 meters, where we make camp, these days also require a packed lunch. Overnight at tent.

Day 14: Lingam School

Trek to Lingam School (2,320m). 5-6 hours.

We continue descending through dense rhododendron forest and then climb to a place called Yak Kharka on a ridge overlooking the Arun Valley. We can see the river below and, in the distance, our

overnight stop at the Lingam School (2,320m). After continuing downhill, we will get to the Arun River where we crossed the suspension bridge, and steadily uphill to Chyamtang where we plan to have lunch. After Lunch, we pass by Chyamtang and get to the Lingam School. Overnight at tent.

Day 15: Hatiya

Trek to Hatiya (1,595m). 5-6 hours.

We are already decent at the altitude and back to a warmer climate. Today we pass a few villages among trails with the songs of birds. At our lunch stop in the village of Gimber, we have more stunning views of the Makalu Himalayan Range. The afternoon's walk is relatively easy along a good trail to the Tibetan tribe village of Hatiya (1,595m). This is the entry point to the Makalu-Barun National Park. Overnight at tent.

Day 16: Gola

Trek to Gola (1,128m). 5-6hours.

We follow the trail through the Arun River down to its confluence with the Barun River which carries the glacier's water of the Makalu range. After lunch, we continue along the Arun River to the small village of Gola (1,128m). There are only around 12 houses here and the village is an interesting mix of Sherpa, Rai, and Tamang tribes. Overnight in a tent.

Day 17: Hedanga Gadhi

Trek to Hedanga Gadhi (1179m).

We make a short descent on a pleasant trail to the lowlands. We pass through fields of paddy as we follow the trail through the heaving hillsides above the Arun River. We stop for lunch at the small Gurung village by Pathibhara which boasts several local tea houses, shops, and homestays. Beyond Pathibhara, the trail continues through a rich agricultural landscape to Gadhi (1,179m) the 'fort' in Nepali. This is the spot where the Nepalese Army face up to invading forces from Tibet, eventually driving them back over the passes. Gadhi is surrounded by the market town with shops and hotels as well as a health post, school, and police station.

Day 18: Tumlingtar

Trek to Num (1572m), drive to Tumlingtar (450m).

We descend to the suspension bridge across the Arun River at Chiuribas After crossing the river marking at the end of our trek. Chiuribas is connected to the road by a jeep track and after taking some refreshments with the local tea houses here; we get on our waiting vehicles for the 4–5-hour drive along the ridge to Tumlingtar (450m). We spend our final night on a trek with our crew in the lodge at Tumlingtar. Overnight in the lodge.

Day 19: Kathmandu

Fly back to Kathmandu.

We take a morning flight from Tumlingtar, to Kathmandu. Evening farewell dinner in a typical Nepali restaurant. Overnight at hotel on BB plan.

Day 20: Departure

Departure from Kathmandu to your onward destination. Our representative will assist you at the airport for your further destination.

Includes and Excludes

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Domestic flight from Kathmandu to Bhadrapur airport guest and guide (optional: private vehicle or public bus to Taplejung as per participant's preference).
- Drive from public jeep to Taplejung/Chhirwa (optional: private vehicle to Taplejung/Chhirwa as per participant's preference).
- Drive from fromNum to Tumlingtar by public van or bus guest and guide (optional: private vehicle as per participants' preference).
- From Tumlingtar to Kathmandu by flight guest and guide.
- Staff transportation Kathmandu/Chhirwa /Num/Kathmandu.
- Fully camping service north face tent for guests, dining tent, kitchen tent, toilet tent, mattress, kitchen equipment, camping crew, etc.

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- Twin-sharing accommodation during the trek (Tented camp).
 - Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
 - Necessary Porter: Porter carries 25kg only.
 - All Government local Kanchanjunga conservation area (KCAP) and Makalu national park entry permits and TIMS cards).
 - Kanchanjunga restricted area permit.
 - First aid and equipment for a porter for the extreme adventure route.
 - Guide and porter salary as per the company policy and government rules.
 - Duffel bag during the trek.
 - Company t-shirt.
 - Route map.
 - Staff's medical insurance during the trek.

Excludes

- Lunch and dinner in Kathmandu.
 - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek).
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek)
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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